



Girls on the Run is so much fun!

Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum, which creatively integrates running.

What is Girls on the Run?

- A program for 3rd-5th grade girls.
- Meets twice a week for 10 weeks.
- Small Teams of 8-15 girls.
- Teaches life skills through dynamic, conversation-based lessons and running games.
- Curriculum is taught by certified Girls on the Run coaches.
- Me + Relationships + Community: Lessons include three parts: understanding ourselves, valuing teamwork and understanding how we connect with, and shape, the world at large.



Girls on the Run at the Valdosta YMCA
Online registration begins Jan. 16, 2019

Who: Girls in 3rd-5th grade

Season: Feb. 11 - May 3 2019

When: Tues. 5:30 - 7pm & Sat. 10 - 11:30am

Registration Fees:

Fee Scale Based on Household Income:

\$75,000 & up - \$150

\$50,000 - \$75,000 - \$120

\$35,000 - \$50,000 - \$75

\$25,000 - \$35,000 - \$40

\$0 - \$25,000 - \$20

Includes 20 lessons, t-shirt, water bottle & 5k registration.



To register, go to: girlsontherunsouthgeorgia.org